



# MyChart: A Guide to Using Flowsheets

During your visit today, your physician made a new MyChart feature available to you: Track My Health. With Track My Health, you can record your daily glucose or blood pressure readings and track your progress over time. Your physician automatically receives the readings you submit so that he/she can monitor your condition between visits.

## Record a New Reading in Track My Health

1. Login to your MyChart Account.
2. Open Track My Health to access the flowsheet directly by going to **My Medical Record > Track My Health**. The flowsheet is part of Track My Health where you'll enter your readings.
  - a. You will also receive a message from your physician (Subject is **New flowsheet available**) about the new flowsheet, and can directly access the flowsheet by clicking on the link in the message.
3. Click the flowsheet's name to open it, and then click **Add New Data** to start recording your readings.
  - a. **Step 1:** Select the date of your reading from the calendar. You can select dates from the past to enter previous readings.
  - b. **Step 2:** Enter the time and data for your reading(s). (**NOTE:** *You do not need to fill out every item in one sitting (see 6.a.); you can Continue and move on to Step 3.*) When you are finished entering your information, you can scroll to the bottom of the page and click **Continue**.
4. **Step 3:** On the next screen, verify that you have entered your reading(s) correctly, scroll to the bottom of the page, and click **Submit**. You're taken back to the flowsheet page, where you can see your reading(s).
  - a. If you need to change or remove a reading after you've submitted it, you can do so by clicking the **edit** or **delete** links on the flowsheet's page.

## Who do I contact if I have further questions?

Contact your doctor's office or submit a question using the Get MyChart Website Help Form found in the FAQs: [https://mychart.urmc.rochester.edu/mychart/faqs.html#EQ\\_contact](https://mychart.urmc.rochester.edu/mychart/faqs.html#EQ_contact)



## Add Glucose Monitoring Data

### Step 2 of 3: Enter readings

When you are finished entering data, click **Continue**. Click **Cancel** if you do not want to save the data you entered.

Date: 1/16/2014

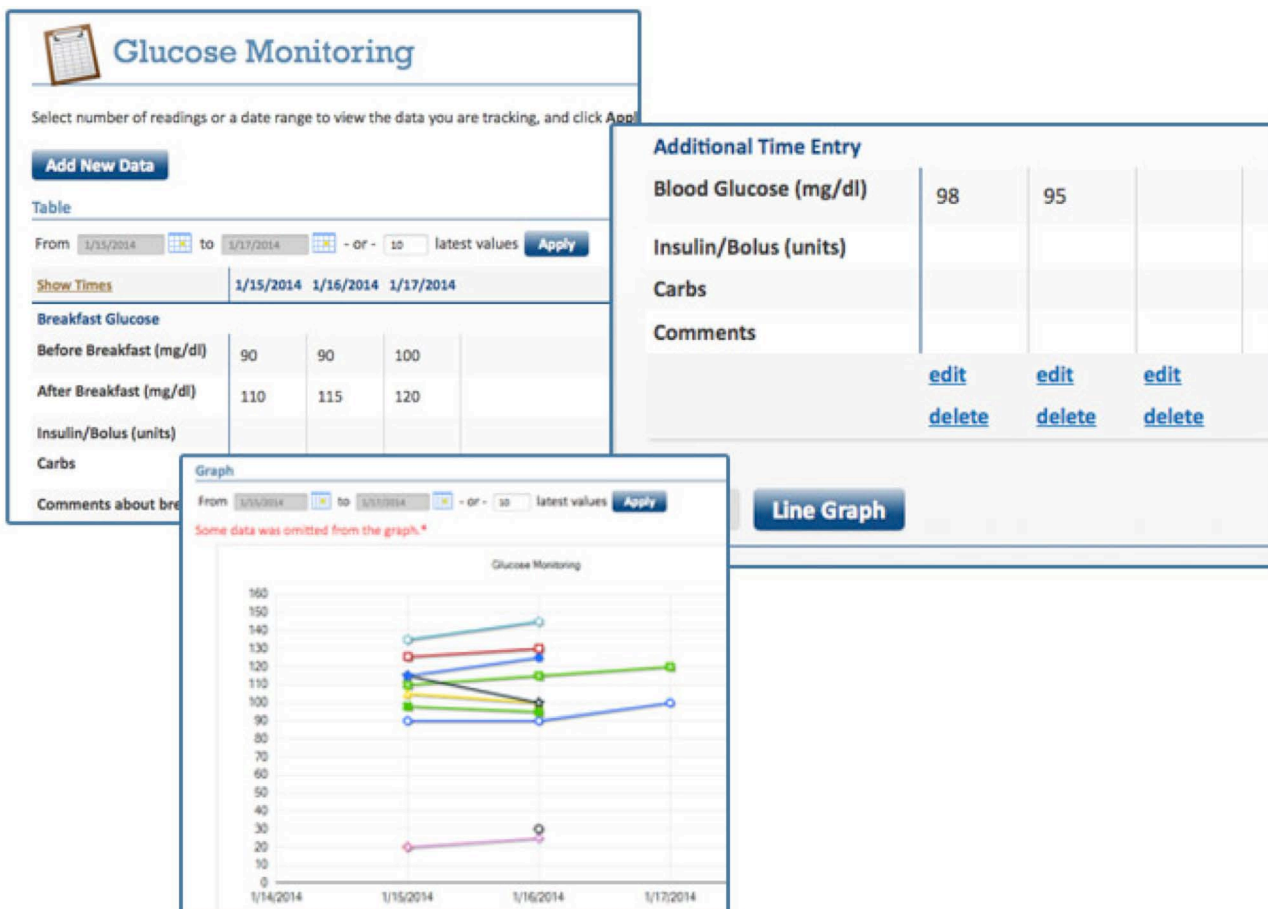
	Time	Value
<b>Breakfast Glucose:</b>		
Before Breakfast (mg/dl):	<input type="text"/> : <input type="text"/> <input checked="" type="radio"/> AM <input type="radio"/> PM	<input type="text"/>
After Breakfast (mg/dl):	<input type="text"/> : <input type="text"/> <input checked="" type="radio"/> AM <input type="radio"/> PM	<input type="text"/>
Insulin/Bolus (units):	<input type="text"/> : <input type="text"/> <input checked="" type="radio"/> AM <input type="radio"/> PM	<input type="text"/>
Carbs:	<input type="text"/> : <input type="text"/> <input checked="" type="radio"/> AM <input type="radio"/> PM	<input type="text"/>
Comments about breakfast:	<input type="text"/> : <input type="text"/> <input checked="" type="radio"/> AM <input type="radio"/> PM	<input type="text"/>
<b>Additional Time Entry:</b>		
Blood Glucose (mg/dl):	<input type="text"/> : <input type="text"/> <input checked="" type="radio"/> AM <input type="radio"/> PM	<input type="text"/>
Insulin/Bolus (units):	<input type="text"/> : <input type="text"/> <input checked="" type="radio"/> AM <input type="radio"/> PM	<input type="text"/>
Carbs:	<input type="text"/> : <input type="text"/> <input checked="" type="radio"/> AM <input type="radio"/> PM	<input type="text"/>
Comments:	<input type="text"/> : <input type="text"/> <input checked="" type="radio"/> AM <input type="radio"/> PM	<input type="text"/>

Screenshot of MyChart Glucose Flowsheet  
(note Continue button at bottom of screen).

## Track Your Progress Over Time

After you have entered a number of readings, you can view trends and track your progress over time.

1. On the Track My Health page, click a flowsheet's name to view previous readings.
2. From this page, you can:
  - a. Change the way the table displays. Click the **Options** link to choose whether dates appear as rows or columns.
  - b. View the readings in graph format instead of as a table. Click **Line Graph** to change the display.
  - c. Customize the date range or the number of values that appear. Change the **From** and **to** fields or the **latest values** field and click **Apply** to update the display.



**Glucose Monitoring**

Select number of readings or a date range to view the data you are tracking, and click **Apply**.

**Add New Data**

**Table**

From 1/15/2014 to 1/17/2014 - or - 10 latest values **Apply**

**Show Times** 1/15/2014 1/16/2014 1/17/2014

Breakfast Glucose				
Before Breakfast (mg/dl)	90	90	100	
After Breakfast (mg/dl)	110	115	120	
Insulin/Bolus (units)				
Carbs				
Comments about breakfast				

**Additional Time Entry**

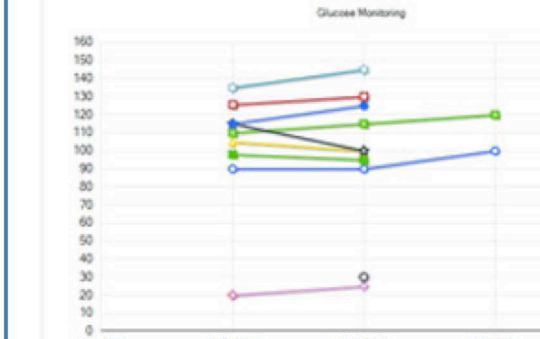
Blood Glucose (mg/dl)	98	95		
Insulin/Bolus (units)				
Carbs				
Comments				
	<a href="#">edit</a>	<a href="#">edit</a>	<a href="#">edit</a>	
	<a href="#">delete</a>	<a href="#">delete</a>	<a href="#">delete</a>	

**Graph**

From 1/15/2014 to 1/17/2014 - or - 10 latest values **Apply**

Some data was omitted from the graph.\*

Glucose Monitoring



The graph displays glucose levels (mg/dl) on the y-axis (0 to 160) against dates on the x-axis (1/14/2014 to 1/17/2014). Multiple colored lines represent different data series, showing fluctuations in glucose levels over the period.

**Line Graph**